



Los Angeles County
Mental Health Wellness Magazine

Minds & Matters

SUMMER 2013

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LACDMH LAUNCHES MONTHLY TV SHOW, MEETING OF THE MINDS

May is designated as Mental Health Awareness Month. In support of this designation, the Los Angeles County Department of Mental Health (LACDMH) Public Information Office (PIO) began airing its monthly TV show, *Meeting of the Minds*, on the LACDMH website as well as on the LACDMH Facebook and YouTube pages. The monthly 10-minute show is also broadcast on the LA County Channel.

Funded by the voter-passed Mental Health Services Act (MHSA), the show informs residents about the latest news and developments related to mental health and LACDMH. The show features three segments: Mental Health Minute, Message from the LACDMH Director (Marvin J. Southard, D.S.W.) and Walk the Talk.

The Mental Health Minute will feature up-to-date mental health-related information and stories. During the Message from the Director segment, Dr. Southard will share a brief, topical message, specifically for Los Angeles County residents. The final segment, Walk the Talk, is a one-on-one discussion with a mental health subject matter expert and/or individual who has successfully overcome barriers related to being diagnosed with mental illness, including bipolar disorder, schizophrenia, depression, post-traumatic stress disorder (PTSD) and anxiety.

"Meeting of the Minds is an important part of LA County's effort to inform the public that mental illness is not something to be afraid or ashamed of, but rather a challenge that affects many families," stated Dr. Southard. "It is a challenge that, when overcome, can make us stronger."

As part of LACDMH's anti-stigma and social inclusion campaign, *Meeting of the Minds* reinforces the Department's mission of Hope, Wellness and Recovery. Archived shows of *Meeting of the Minds* will be available on the LACDMH website as well as on the LACDMH Facebook and YouTube pages.

dmh.lacounty.gov

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Minds & Matters

From Marvin J. Southard, D.S.W., Director
Los Angeles County Department of Mental Health



Recently, I had the honor of participating in LACDMH's 12th Annual Mental Health and Spirituality Conference. For me, the highlight of the conference (though, in fact, it was excellent in every way) was the afternoon keynote panel featuring Rabbi David Wolpe, Fr. Luke Dysinger and Imam Jihad Turk. Each panelist described the connections between mental wellness and spirituality from the point of view of their particular faith traditions. They were each wise, funny, insightful and comfortable looking at the differences as well as the commonalities in the traditions that they represented while acknowledging that the traditions themselves were diverse and complex. It was a tour de force and should have been on Charlie Rose or Oprah.

Reflecting on their conversation made me think of our own work. We, each of us, spring from a different helping tradition. We have psychiatrists, peers with lived experience, social workers, nurses, recreation therapists, marriage and family therapists, psychiatric technicians, psychologists, occupational therapists, case managers, community workers, AOD counselors and others – each with our own specific training, skill sets and history. But we have worked hard to put our “denominational” histories and rivalries (though not our skills and abilities) to work in teams for our common goal: the hope, wellness and recovery of those who come to us for assistance.

I also had the occasion to speak to an individual with extensive experience in the public, private and non-profit health sectors, and it was her opinion that the formation of true non-hierarchical teams was further advanced in LACDMH than in other settings. This is so BRAVO because it means that, as an organization, we are trying to keep our eyes on the main thing: how our clients are doing.

Still, I must tell you, more challenges are coming. We cannot rest on our laurels. The upcoming months will test our adaptability and teamwork as we work to implement the Affordable Care Act, keep up with the evolving demand of AB 109 and train ourselves to work with IBHIS (our new electronic medical record) all at the same time. Working together and reaching out to our communities... ¡Sí, se puede! We can do it!

Marvin J. Southard, D.S.W.

hope wellness
recovery



Employee Recognition

Retired

March 2013

Anthony Wilson, 11 yrs
Antonio Gando, 26 yrs
Daisy Penedo, 26 yrs
Donald Gonzales, 8 yrs
Duc Hau, 24 yrs
Gloria Fisher, 26 yrs
Harvey Presser, 26 yrs
Joy Clark-Bowie, 34 yrs
Margarita Gaytan, 21 yrs
Merrietta Henry, 33 yrs
Robert Carlin, 42 yrs
Ronnie Nagata, 37 yrs
Rudy Duarte, 38 yrs
Sharon Stokes, 14 yrs
Sohini Parikh, 25 yrs
Susan Crimin, 14 yrs
Terry Martindale, 23 yrs
Vickie Burris, 28 yrs

April 2013

Carmen Lima, 18 yrs

May 2013

Dilcia Francis, 33 yrs
Harald Krueger, 13 yrs
Magdaline Chambers, 20 yrs

June 2013

Barbara Dixon, 35 yrs
Grace Gabriel, 15 yrs
Laura Span, 40 yrs
Mary Norman, 40 yrs
Phyllis Noriega, 7 yrs
Rhonda Parr, 15 yrs



LACDMH RECOGNIZES OUTSTANDING NURSES

On Tuesday, May 14, 2013, the Los Angeles County Board of Supervisors recognized outstanding nurses from throughout the county's departments, including the Los Angeles County Department of Mental Health (LACDMH). The ceremony is part of the celebration for Nurse Recognition Week.

At the Board of Supervisors' presentation, the Supervisors thanked the county's nurses for their dedicated efforts and contributions. Thirteen nurses from various departments, including Health Services, Children and Family Services, Public Health, Mental Health, Fire and Sheriff, received scrolls as part of the special recognition.

A luncheon, hosted by the LACDMH Nursing Professional Concerns Committee (NPCC), followed the Supervisors' meeting. The 2013 Spring Gala and Nurse Recognition took place at the Proud Bird Restaurant near LAX.

This year's LACDMH Outstanding Nurse Award was presented to Mabel Ann Guertin, MHCRN, from Antelope Valley MHC.

This year's nominees were also recognized, including:

- Carolyn Blackburn, MHCRN, PMRT SA1
- Rayme Brock, MHCRN, Hollywood
- Christopher Chigbolu, SMHCRN, PMRT SA4
- Chris Collins, SMHCRN, West Valley
- Annketse Desta, MHCRN, West Central
- Barbara Hollis, SRMHCRN, PMRT SA1
- Katy Ihrig, MHCRN, Santa Clarita
- Clarisse Kovelman, SRMHCRN, San Fernando FSP
- Lana LaMotte, MHCRN, MH Court Program
- Ruth Marks, MHCRN, Santa Clarita
- Lisa Nau, MHCRN, West Valley

LONG-TIME MENTAL HEALTH ADVOCATE STELLA MARCH PRESENTED WITH SCROLL

The Los Angeles County Board of Supervisors helped celebrate Stella March's 98th birthday at its meeting on Tuesday, May 14, 2013. Part of the celebration included the presentation of a scroll dedicated to her for her decades of advocacy and service.

Arranged by Supervisor Zev Yaroslavsky, March was recognized for her long and outstanding advocacy for mental health services for underserved LA County residents. The presentation of her scroll also took place moments after Metta World Peace of the Los Angeles Lakers joined the Board in declaring May as Mental Health Awareness Month throughout LA County.

"Thank you for your great service," said Supervisor Yaroslavsky. "You may not be as tall as Metta World Peace but you've been around a lot longer!"

March has been involved in advocacy for families and individuals since the 1970s. She helped build and served on the board for the National Association on Mental Illness (NAMI).

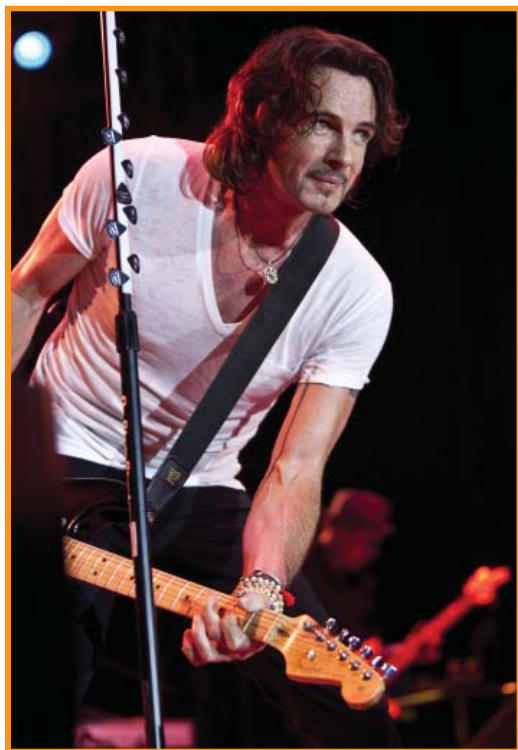
ALL NEW PROFILES OF HOPE 2013

BY KAREN ZARSADIAZ-IGE, PUBLIC INFORMATION OFFICER II

In May, the Los Angeles County Department of Mental Health's (LACDMH) Public Information Office (PIO) debuted its latest *Profiles of Hope*. The Emmy Award-winning *Profiles of Hope* series is made up of 10-minute inspirational stories, featuring high-profile individuals who share how they overcame stigma and various obstacles to eventually lead them to a road of *Hope, Wellness and Recovery*.

This year's series was produced, along with the *Free Your Mind Projects Radio Show*, as part of an anti-stigma and social inclusion campaign to create awareness, education and discussion about mental health.

The new *Profiles of Hope* features:



Singer, Actor & Writer... Rick Springfield is well known for 17 hit songs on the Top 40 charts, including his #1 hit *Jessie's Girl* that won him a Grammy for Best Male Rock Vocal in 1981. Over the years, he has sold 25 million albums worldwide. But Springfield is not only a global rock star but also a popular soap star that portrayed Dr. Noah Drake on the ABC daytime show *General Hospital*.

As busy as he is, he even managed to pen a New York Times best-selling autobiography, published in 2010, entitled *Late, Late at Night: A Memoir*. In the book, he revealed his lifelong depression.

Born in Sydney, Australia, Springfield grew up moving around a lot with his family. Eventually, his family settled in England. "That was a brutal time for me," he said. "Depression kind of set in around fifteen for me. Puberty is when it hit."

Unsure of how to help him, Springfield's mother took him to a therapist. "She thought I was a black sheep and going down the hole," he explained. "It was a good attempt by my mom." Still feeling despair, he tried to hang himself but it didn't work. "I was just lost and felt completely worthless. The only thing that made me feel better was music and playing guitar," he said.

Springfield spent many years battling depression. After he moved to the United States, his career took off. Fame and fortune weren't enough to help him through his dark days. By 1985/86, Springfield says it got worse. Even with a new house, a

newborn son, money and fame, he still couldn't shake the feeling and decided to take a break. "I felt worse than I ever felt. I felt like I didn't have a mission anymore. I became a house-husband and stopped everything. I saw a therapist for five years."

During those years, he raised his two sons and used the time to heal through therapy and spiritual healing. He even took antidepressants to help him. "I know now the demons that are chasing me. I know why," he explained. "I have more empathy and understanding because of my depression... The self-awareness of depression is a major plus."

Director & Producer... Paris Barclay is a two-time, Emmy Award-winning director and producer for some of television's most original and acclaimed series. His credits include *NYPD Blue*, *ER*, *The West Wing*, *House*, *Glee* and *Smash*. Recently, Barclay has been an executive producer and the principal director for FX's *Sons of Anarchy*.

During the *Profiles of Hope* interview, Barclay spoke candidly about his childhood in Chicago Heights, Illinois, and how he began to drink alcohol in grade school. He was sent to a private boarding school in Indiana to improve his academics but found himself surrounded by other students who drank. "Going to prep school indoctrinated me to drinking," Barclay added.

In Their Own Words



After high school, he went to Harvard where he found himself heavily consuming alcohol to get through every scenario, including the death of his brother in 1976. "Whether I was happy or sad, alcohol improved it (my state of mind) and it became my drug of choice." A career in advertising later took Barclay to New York City where he spiraled into depression after a four-day drug and alcohol binge. Hitting a low point, he realized he needed help and checked into a clinic and started attending meetings. "I'm 23-and-a-half years sober," he stated.

Barclay left advertising and pursued a movie-making career in Los Angeles. He hit a low point after being fired from directing a film. He felt suicidal and was about to drive off Pacific Coast Highway when his favorite song *Bridge over Troubled Waters* came on the radio, stopping him. "The lyrics were perfect. They were speaking to me," he recalled.

Years later, Barclay now looks back on that time and sees how life has completely changed for the better. He is now married to his partner, Christopher, whom he met 14 years ago. Together, they adopted two boys through the Department of Children and Family Services. Busy with family, a successful movie career and heavily involved in politics, Barclay finds happiness and silver linings every day. "I sleep better when everything is going to be positive... I don't want to be the person who drags the world down," he said. "I want to reflect hope and positivity."

Actress, Model & Writer... Mariel Hemingway is a familiar name to many because of her grandfather is legendary author Ernest Hemingway. Mariel Hemingway is known for her own career as an actress who started at the young age of 13 in the movie *Lipstick*. She was nominated for an Academy Award in the Woody Allen film *Manhattan*. She has since been in several films and has made numerous television appearances.

Hemingway is an outspoken advocate for mental health. She even produced her own autobiographic documentary called *Running from Crazy*. Debuted at the 2013 Sundance Film Festival, it shows her journey to find answers to the mental health challenges her family endured in dealing with substance use, mental illness and seven suicides.

During the *Profiles of Hope* taping, Hemingway spoke not only about her own story of hope, wellness and recovery but also shared her on-going passion for balanced health and well-being which led her to publish a memoir, cookbook and how-to guide on finding balance and health. Her most recent work, *Running with Nature*, is a collaborative project with her partner, Bobby Williams.

In the interview, Hemingway told her story of growing up in Idaho with her family who never really spoke about the mental health issues that close relatives faced, including her own grandfather and actress/model sister, Margaux. "I lived with a family, in the end of a generation, that didn't speak about those things... because there was so much shame."

Years later, she discovered that being open about it helped her understand her family's situation more and eventually heal from it. "I was always 'running from crazy'. I truly felt that I've broken the family curse," she explained. And breaking that curse meant talking about it and acknowledging it. "I get more healing by expressing... Keep talking about it, keep expressing, the more you'll heal."



The *Profiles of Hope* and the accompanying public service announcements (PSAs) with all the individuals featured are being shown on the LA County Channel, and are available online for viewing on the LACDMH website, Facebook and YouTube pages.

LATINO OUTREACH THROUGH THE ARTS

On Tuesday, May 21st, the Los Angeles County Department of Mental Health (LACDMH) sponsored and hosted the "Latino Outreach through the Arts" at the California Endowment Center in downtown. The day-long event, part of the festivities recognizing May as Mental Health Awareness Month, celebrated the artistic talents of clients and family members. All over the courtyard, consumers and their relatives proudly displayed their arts and crafts.

"The arts shared today are among our best expressions of the message of hope, resiliency and recovery we can offer to the community. This event has become one of the key annual 'May Is Mental Health Month' functions. It is a symbol to the community of the commitment and hard work by the Latino Outreach volunteers responsible for spreading our message of compassion and service," stated Cathy Warner, L.C.S.W., LACDMH Deputy Director, Adult System of Care.

The day's events included a panel discussion ("The Recovery of Clients at Wellness Centers"), several workshops ("Music to Celebrate Mental Health", "The Benefits of Painting", "Yoga, Physical and Mental Health", "Crafts & Recovery" and "Theater & Mental Health"), a play ("Tomar o No Tomar") by Teatro Amanecer, various dance and musical performances, and arts and crafts exhibits. Ruffled gifts and awards were also given out throughout the day.



METTA WORLD PEACE JOINS LA COUNTY BOARD OF SUPERVISORS TO DECLARE MAY AS MENTAL HEALTH AWARENESS MONTH

On Tuesday, May 14, 2013, the Los Angeles County Board of Supervisors declared May as Mental Health Awareness Month. Metta World Peace (MWP) of the Los Angeles Lakers joined the Board of Supervisors during their meeting in support of the countywide designation. May has also been nationally recognized and designated as Mental Health Awareness Month by President Barack Obama.

MWP thanked the Los Angeles County Department of Mental Health (LACDMH) and the Board of Supervisors for teaming up and bringing awareness to mental health. "We're going to continue this process. It's not going to stop. It's a lifetime process," MWP said to the audience at the meeting.

As an advocate for mental health awareness and education, MWP has worked with LACDMH since 2010 on several projects to decrease stigma associated with getting help. Currently, he has worked with LACDMH for the "Talk It Out!" campaign during the month of May. The campaign includes billboards, bulletins and posters, available in English and Spanish, that encourages young adults to seek help if they need it and to contact LACDMH's 24/7 ACCESS line (1-800-854-7771). Funded by the Mental Health Services Act (MHSA), this campaign also supports the national effort and launch of the lime green ribbon which signifies mental health awareness.

"I want to thank the Board of Supervisors and Metta World Peace for spreading the message of mental health awareness – and for putting it in the limelight. That's why we are wearing the lime green ribbons so that we can get this topic in the limelight and talk about it," explained LACDMH Director Marvin Southard, D.S.W.

The scroll, proclaiming May as Mental Health Awareness Month, was presented to LACDMH and to the Los Angeles County Mental Health Commission.

hope wellness recovery

LACDMH Mission

Enriching lives through partnerships designed to strengthen the community's capacity to support recovery and resiliency.

Our Values

Integrity: We conduct ourselves professionally according to the highest ethical standards.

Respect: We recognize the uniqueness of every individual and treat all people in a way that affirms their personal worth and dignity.

Accountability: We take responsibility for our choices and their outcomes.

Collaboration: We work together toward common goals by partnering with the whole community, sharing knowledge, building strong consensus, and sharing decision-making.

Dedication: We will do whatever it takes to improve the lives of our clients and communities.

Transparency: We openly convey our ideas, decisions and outcomes to ensure trust in our organization.

Quality and Excellence: We identify the highest personal, organizational, professional and clinical standards and commit ourselves to achieving those standards by continually improving every aspect of our performance.



Los Angeles County
Department of Mental Health
is dedicated to partnering with
clients, families and communities
to create hope, wellness and recovery.



<http://dmh.lacounty.gov>

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A Final Thought



THE LONG ROAD TO EQUAL RIGHTS AND OPPORTUNITIES

BY KATHLEEN PICHÉ, L.C.S.W., PUBLIC AFFAIRS DIRECTOR

2013 marks the 50th anniversary of President John F. Kennedy's signing into law of the historic Community Mental Health Act. This legislation, and the words he used to describe it, provided the foundation for contemporary mental health policy. Looking back, we are reminded of this milestone and what it has – and has not – achieved.

Kennedy called for a “bold new” national approach with regard to “the nation’s most urgent needs about health improvement,” referring to mental health and mental retardation (developmental disabilities). The question JFK asked the American people 50 years ago remains strikingly relevant – shouldn’t all Americans be afforded equal rights and equal opportunities?

Locally, agencies such as Didi Hirsch, Gateways, Central City (Kedren), Pacific Clinics, San Fernando Valley Mental Health Centers, Inc. and Hillview all received federal dollars as a result of the Community Mental Health Act.

Unfortunately, the same words JFK used to describe the inattention and lack of resources devoted to mental health in 1963 applies today. “This situation has been tolerated far too long. It has troubled our national conscience — but only as a problem unpleasant to mention, easy to postpone and despairing of solution,” he said. When it comes to the treatment of people with mental health issues and addiction, parity is far from reality.

Patrick Kennedy, JFK’s nephew, has picked up the gauntlet in championing mental health care: “Eliminating the stigma of mental illness — and finally achieving parity for its treatment — is the next chapter in America’s civil rights movement.” Patrick Kennedy represented Rhode Island in Congress. He fought for the rights of people with mental illness, and was proud to sponsor — along with his father, Sen. Ted Kennedy — access to mental health treatment for tens of millions of Americans who previously were denied care. Signed into law by President Bush in 2008, this landmark legislation requires health insurers that offer coverage for mental illness and substance use disorders to provide those benefits in a no more restrictive way than all other medical and surgical procedures covered by the plan, but those with mental illnesses are still waiting for this law to be fully implemented.

On October 23-24, 2013, the inaugural Kennedy Forum, an event that will serve as a vehicle to honor President Kennedy’s efforts, will be held in Boston and will celebrate the progress made in the past half-century, and re-dedicate the entire mental health community to further progress. Here in Los Angeles, the statewide Integrated Care Conference will commemorate the Community Mental Health Act and further ideas and practices about treating clients as a whole.

2013 also marks the first year the White House has dedicated May as Mental Health Awareness Month and held a National Conference to discuss mental health issues. At this forum, Health and Human Services Secretary Kathleen Sebelius announced the launch of a new website that provides information about the signs of mental illness, how individuals can seek help, and how communities can have conversations about mental health:
<http://MentalHealth.gov>.